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The

University of Nebraska at Omaha

Friday, September 13, 1996

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U. S. POSTAGE  
Non Profit Org.

against UNK  
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♦ No. 3-ranked  
Lady Mavs  
head to Minne-  
sota  
page 10



The Mavs lock horns with the UNK Antelopes this weekend. See page 9 for details.

## Huskers' Green Facing Possible NCAA Violations

By BRIAN J. TODD

A mix-up between a local furniture store and a sports magazine's advertising department spelled potential disaster for the Nebraska Cornhuskers football team and their starting I-back, Ahman Green.

Dave Guy, publisher of *Nebraska Sports America*, a locally published magazine that covers sports in the state, said his magazine published an advertisement for big-screen televisions for Mega Mart, a division of Nebraska Furniture Mart (NFM). Superimposed on the screen of the television set was a photo from last year's Husker game against Kansas State University, in which Green is clearly identifiable. A KSU player wearing uniform number 21 is also visible in the photo.

"If there is an individual that is identifiable, then you have a problem," said Al Papik, UNL's senior associate athletic director in charge of compliance. "We're fighting this all the time."

Papik said that after last year's Fiesta Bowl victory, several companies not cognizant of NCAA rules tried using photographs of former husker quarterback Tommie Frasier to promote or sell things.

Attorneys for UNL were sending out letters to *Nebraska Sports America* and NFM to "cease and desist" any future publication of the photograph in connection with any advertising, Papik said. Once the University finds any misuse of a photograph depicting a student-athlete who has remaining eligibility, the main concern is to notify the parties involved.

"The current situation is concerning a player with eligibility remaining," he said. "We sent letters to cease and desist and that covers our obligation" (for NCAA compliance).

"What started as good intentions," said Warren Raab, the

--see Green, page 2--

## Dorms Still in 'Planning Stage'

By JAMES AHREN

Eighteen months ago, the University of Nebraska Board of Regents approved the idea of creating housing for six to eight hundred students on the UNO campus. Last March, David Castilow, director of business services, chaired a committee to look at building dormitories at UNO. Castilow said that the concept was still in the planning stages, but that the committee had set an April deadline for itself.

No proposal has yet been submitted to the Board, but Castilow said he appears very positive about the prospects of building dormitories.

When the idea was originally conceived, said NU Regent Nancy O'Brien, two major problems needed to be solved. The first concerns where the structure or structures would be built and the second, how they would be built.

The first of these problems has apparently been solved. parking lot "L," on the west end of campus, behind the Criminal Justice building, has been selected as the future site for student housing.

"If we get to do it, this is where it will be done," Castilow said.

Research is still being done, however, on how this housing will be built and maintained. The two concepts still being studied are a privately built and administered dormitory or one funded and run by the University. Castilow said that the research has included visiting student housing systems at other major universities and the consideration of plans submitted by major national companies.

For the University to complete the project alone, "creative" financing would be necessary. A traditional bond revenue would not suffice, he said, and the University may have to enlist the aid of private institutions or the federal government.

Whatever way the dorm project goes, O'Brien said, it would have to be responsibly funded and "any University-run program would eventually have to pay for itself." Even though no proposal has been set before the Board by Castilow and his committee, O'Brien admits that a privatized dorm system might be easier for the University to swallow.

Castilow said that other responsibilities have hindered the submission of the committee's proposal. Among these are the current controversy surrounding Aksarben and First Data Resources.

--see Dorms, page 2--

### Nap time...



Fran Anania, a junior interior design major, relaxes in between classes, using the new fountain in the Student Center Plaza for her foot rest. The benches near the fountain have quickly become a popular resting place for sleepy students.

## Politicians Mudslinging to the Top.

By ANDREW KAMMERER

With the 1996 elections slowly beginning to heat up, a new term for an old concept seems to be raising the campaign's temperature to the boiling point. From television promotions to direct mail, most candidates find themselves "mudslinging" their way to top of the polls.

Mudslinging refers to the use of negative-advertising to discredit one politician's record in an effort to reinforce the other candidate's reputation.

In a recent study by Marilyn Roberts, a communications professor at the University of Florida, conclusions showed that voters pay more attention to image than anything else. Out of a sample of 238 voters, nine out of 10 cast their ballots for "the candidate they

liked most or would want to have as a friend."

Image also came in to play with the carefully-cued camera shots of both parties' conventions, where a physical representation was shown to reinforce the candidate's speech and compassionate image.

Roberts also said in her study that negative campaigning has its limits, citing the 1992 election where Bill Clinton had an equal balance of positive and negative commercials and George Bush relied more heavily on negative issues.

In contrast to Roberts' findings, Dr. Bernard Kolasa of UNO's political science department explained why he believes the political tactic of mudslinging is used so frequently.

"Despite the fact that there are a lot of negative comments about mudslinging, the political consultants who look at poll numbers indicate that if you can associate negatives with a candidate, this has an impact upon the electorate," Kolasa said. The message from these consultants is that this kind of mudslinging tactic does work.

"As long as this is the perception of most campaign managers, it's likely that we will continue to see this," Kolasa said.

Once the mudslinging occurs, Kolasa said, it generally triggers the other candidate to respond in the same way.

"The advice that candidates get from

--see Mud, page 2--



—from Dorms, page 1—

"This has not been set aside, it is just one of many priorities that the University has to deal with," he said.

Making the UNO more competitive in the coming years is of paramount importance. O'Brien said student housing is "absolutely necessary to the development of the University." She pointed out the necessity of catering to the needs of the more "traditional" student.

"Students want to live on campus, and campus life is important to draw those traditional students to UNO. No one wants to send their kid to live in an unfamiliar city in an off-campus apartment," she said.

Both Castilow and O'Brien stress the need for housing UNO's many international students. These students who are entering not only a new city, but a new culture, often require the "safety net" of the on-campus dormitory. Other student groups that would benefit from a dormitory's proximity to campus resources would include student athletes and honors students, Castilow said.

The lack of on-campus housing, O'Brien said, is a major hindrance in drawing high school and junior high students to summer programs.

Another consideration stressed by both Castilow and O'Brien was the retention of the current student population. Last year, UNO was the only school in the NU system to experience a decline in enrollment. While high graduation rates are often used to explain the drop, other campuses, like Lincoln, have had major housing shortages. The creation of student housing would make UNO an option for those who would otherwise have left Omaha in search of a more "traditional" collegiate atmosphere.

Though Castilow admits that there are a few "odds and ends" to take care of, he and his committee are not far from submitting a proposal. "We are extremely close on this," he said, refusing to give a firm deadline.

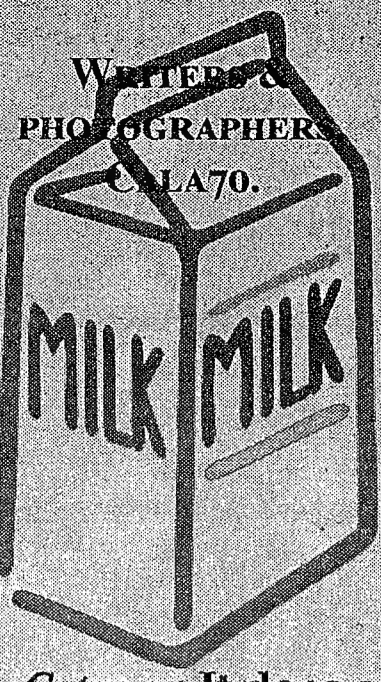
—from Green, page 1—

NFM employee responsible for the advertisement, "turned into a big misunderstanding."

While contracting with *Nebraska Sports America* for the advertisement, Raab said, he had noticed the photo as part of an advertisement in a Husker press guide and told

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WRITER & PHOTOGRAPHER  
CALL 70.



**Gateway: It does a body good.**

the magazine's representative that he would like something similar to run in NFM's advertisement in the magazine.

He said he did not realize the use of the photograph of Green would cause any problems.

"We don't want to have anything to do with putting a damper on the Huskers' season," he said.

The use of a student-athlete's likeness is permissible in advertisements for charitable organizations and for the University, Papik said.

UNL's athletic department became aware of the advertisement only after a copy of the magazine had been sent by Sean Weide, managing editor of *Nebraska Sports America*, to his office, Papik said. Weide had sent a letter with the magazine asking Papik if there was a problem with the advertisement.

Papik said that no permission had been given by his office or by Husker Head Coach Tom Osborne.

As far as he knew, Papik said, the NCAA

—from Mud, page 1—

advisors is you have to respond back or else you will get more hurt by it," Kolasa said.


History has shown that the mudslinging phenomenon is nothing new. One of the dirtiest campaigns ever was in 1828 when Andrew Jackson's opponent used flyers accusing Jackson of adultery, ordering executions, stabbing a man in the back and murdering on of his own soldiers.

"What makes mudslinging different from a hundred years ago is the use of technology, and the immediacy of television to graphically show their message," Kolasa said. "It also has a more personal impact than the written word of a newspaper."

Kolasa said that local elections haven't heated up enough to see whose mudslinging tactics work best, and that Nebraskans will see little national election advertising on the local airwaves and may be spared from the whole ugly scene.

"The Clinton, Dole advertisements will be running more in the competitive states where there is a larger electoral vote," Kolasa said.

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One per student, 25 cents each.





# Student Learned Politics First-Hand at Conventions

By JONATHAN PELPHREY

A UNO freshman was one of 160 college students to attend an academic seminar at the Republican National Convention last month. The two-week program is sponsored by The Washington Center for Internships and Academic Seminars, located in Washington, D.C.

Andrea Hinckley, a UNO freshman majoring in International Business, was the only Nebraskan to attend the seminars, which were held prior to the convention, in San Diego.

Hinckley, who received a scholarship from Union Pacific Railroad for the program, attended workshops, lectures, and panel discussions as part of the seminars. She also worked as an intern on the platform and caucus committee and for a newspaper group during the course of the convention.

"There were people there from all over the country," said Hinckley, "mostly people were either political science or journalism majors."

According to Audrey Wittenman, public relations representative for the Washington Center, the purpose of the seminars is to "give students experiential educational opportunities" in government, non-profit organizations, and private companies related to government. It only makes sense, therefore, that most of the interns are majoring in fields that have something to do with government or the media.

Hinckley said attending the convention opened her eyes to the behind-the-scenes work that goes into a political convention. "The whole thing is a big show," she said, "I went to a rally held for Newt (Gingrich) and there were people with orange caps on who would literally force you to do and say certain things on cue."

Hinckley said she was also interested to see how the media responded to the convention. "At one point," she said, "Tom Brokaw (news an-

chor at NBC) just went home right in the middle of the convention. He looked like he was tired of the whole thing."

The media was very strictly controlled by the Republican National Committee, said Hinckley. "The media was basically told what to say and when to say it. The only thing they could comment on was the content of the speeches," she said.

"During one of our seminars. . . Sam Donaldson (reporter for ABC) admitted that television reporting is really not objective," Hinckley said.

One of the highlights of the trip was meeting well-known journalists and politicians, Hinckley said. "It was really strange to see and meet all these people who I'd only seen on TV."

Hinckley said she was able to meet and speak with a wide variety of people, from Bill Barrett (Nebraska's Representative from the Third Congressional District) to Newt Gingrich.

Seminar topics ranged from convention site selection to foreign policy, Hinckley said. Students were responsible for keeping a journal during their stay, taking extensive notes, completing assigned reading, and helping-out with their duties as interns. "It really was very intensive," she said. "We even had to write a mid-term essay. That's why I'm hoping to get some credit for this."

Through this program, students can receive college credit for the work they do while they attend the seminars. Most seminars include instruction from selected college faculty, said Wittenman, and students can receive up to a full-

semester of credit at their university.

Another option for students interested in government is the Internship Program offered by the Washington Center. These internships, which are offered year-round, last 12 to 15 weeks and are arranged on an individual basis with government agencies, private companies and non-profit organizations.

The Washington Center is an independent organization providing internships and seminars in Washington D.C. for college students. The seminars at the nominating conventions are the

only seminars outside the Washington D.C. area, said Wittenman.

"I thought I'd want to run for office someday," said Hinckley, "But after being there, while it's something I want to keep informed about, I don't think I'd ever want to do it."

Despite these negative feelings about the political environment at the conventions, Hinckley said the seminars were well worth the trip.

"The whole thing was a really good experience," said Hinckley.

## Election



96

## Politicians And Psychopaths: Cut From the Same Cloth?

REUTERS

LONDON - Politicians and criminal psychopaths share some important behavioral characteristics, a leading British psychologist said.

"Psychopaths lie easily. They get pleasure from duping people whereas politicians lie for a purpose," David Cook, a lecturer at Glasgow's Caledonian University, told Reuters.

Cook and graduate student Lisa Marshall presented the findings of a three-year study on the causes of psychopathic behavior to the British Psychological Society's annual conference in York, in northern England.

They interviewed 105 repeat offenders in Scottish prisons and found that a combination of social and biological factors contributed to psychopathic behavior.

"Difficult childhoods tended to be a common thread," Cook said, adding that the purpose of the study was not to discover if politicians were psychopaths but to understand what factors triggered the behavior.

"To say politicians are psychopaths is a bit of a distortion," Cook said, but he acknowledged that the two groups appeared to share some similar behavior patterns.

"Psychopaths tend to be grandiose, they don't feel remorse, they don't feel guilt and they don't maintain stable relationships," he added.

Marshall said people in high-powered careers such as politics and stockbroking shared enough characteristics to be defined as psychopathic.

"They have the characteristics of psychopaths but without the criminal intent," she told the conference Sept. 3.

Cook believes it will be difficult to scientifically prove that to be a successful politician or stockbroker a person needs to be a psychopath.

"The trouble is there just isn't any data. Politicians and stockbrokers don't like to be studied," Cook said.

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# Opinions & Editorials

## Regent Chuckie's Last Stand

### STAFF EDITORIAL

Guess who's coming to town... Here's a hint: Just a few months ago, one of these members' own biases and ignorance attempted to rob our University of something we hold dear.

OK, so we don't make our stadium the third-largest city in Nebraska on game days and we don't have athletes who spend more time in jail than in the classroom, but we still support our Mavs.

But NU Regent Chuck Hassebrook doesn't.

In fact, he even had the audacity to suggest that our football team should be cut. These men, who have worked hard nearly their entire lives, sacrificing and struggling to play football, were told that they don't deserve to play, don't deserve to be a team, and don't

*"These men, who have worked hard nearly their entire lives, sacrificing and struggling to play football, were told that they don't deserve to play, don't deserve to be a team, and don't deserve to be Mavs."*

deserve to be Mavs.

Maybe you didn't get the chance to tell ol' Chuckie what you thought of his plans, but now you have the chance. He's going to be here tomorrow.

Yes, it's true: at 1 p.m. tomorrow, the Board of Regents are going to be sitting in the seats at Al Caniglia Field for the UNO vs. UNK football game.

I'm not suggesting that each and every one of you go up to Regent Hassebrook and tell him a thing or two about his theories and philosophies on UNO football (although I wouldn't discourage you from doing so, either.)

Instead, what I'm suggesting is that each and every UNO student that isn't scheduled for work, marriage or surgery show up and let Chuckie know that UNO is more than a lackadaisical, uncaring school, full of passive, lazy students, who don't care about their own team.

Just put it into perspective: just as you have the right to come to this University and pursue your education, these guys also have to right to play football and represent their University.

I only have one question: how is Regent Hassebrook going to act during the game? Will Chuckie sit there the whole time with his arms crossed, pouting, when the Mavs kick Kearney's...

C'MON BOB, IT WORKS FOR DENNIS RODMAN..!



*'Don't compromise your time...'*

## Loss Puts Life into Perspective

"Teach us to number our days and recognize how few they are; help us to spend them as we should."

On the day Brook Berringer died, I lost my watch. It wasn't a very expensive watch, but I had become accustomed to its face, as the song goes. It had a nice leather strap and a calendar to tell me the day. It was a practical watch, guaranteed to "take a licking and keep on ticking." I miss that watch, however, the tragic event of the day helped me put my loss in perspective. Had this happened on any other day, maybe I would have focused on my loss. Instead, my thoughts drifted to the reality of time and limits. Berringer had "lost" his earthly life, all I lost was something to measure time.

We have just started another round of the "Academic Calendar." First semester is in full swing and already our daily planners are jammed with the details of living in an academic world. Where do all these details move with us as we live our lives? Goethe believed that "the important thing in this world is not where we stand, but in what direction we move."

Take a closer look at your calendar. Your daily planner is your creed. It reveals what you believe in and how you "spend" your time.

What will you accomplish between now and December 13, the final day of classes? Do you have a game plan that

involves setting goals and confirming your priorities? A student's life is one filled with daily rituals, most of them repetitive. Accept this challenge: commit yourself wholeheartedly to the successful completion of this semester's mission. Attend classes, study and complete your reading assignments.

Basically, don't compromise your time. Spend it wisely.

Oh, — and stay away from the Eppley Administration

Building around November 8. Borrowing from a British poet's philosophy, I encourage you to remain in your classes and "do not go gently" into the Registrar's office on November 8, the "last day until 4 p.m. to drop a course with a grade of W or change a course to audit."

I recall a fellow student who dropped a course simply because he wouldn't keep up with the readings. He

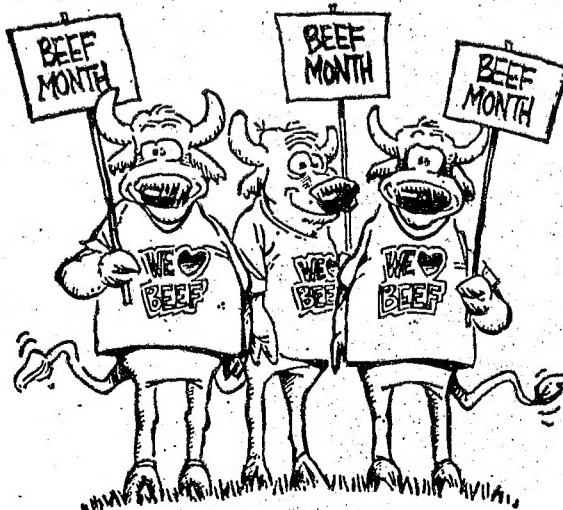
was an intelligent student who contributed brilliantly to class discussions. I wonder where he is now.

"Gone but not forgotten." A team of football players at UNL proudly wear the number "18" on their helmets and remember a great quarterback who taught all of us about playing the game of life both on and off the football field.

And, wherever my watch is now — I know it's still ticking. Just like the days of my life.

**E. L. JENSEN**  
Columnist

## GOT SOMETHING TO SAY?



**Write a letter to the editor. Send via e-mail**  
**(editor@gateway.unomaha.edu) or by "snail mail."**

*For complete guidelines for submitting letters, see page 2.*



## 'There are Many Positive Aspects of Being a Woman'

Dear Editor,

While Ms. Landale stipulates many events that have NOT changed in the years with regard to women and minorities, she neglects to show the positives that HAVE occurred. ("We Haven't Come That Far, Baby," Sept. 10)

Women in America, in the 1990s, have more freedom than any other country or decade. Women constantly make choices for themselves. One of those choices is to be independent and proactive, as yourself. I, on the other hand, like many other 20-somethings, have chosen to be INTERdependent and active. I do not argue that many changes need to continue. But, too many changes can and will cause androgyny, confusion and conflict (internal and external) among women, and among women and men.

The world is not as devastating, destructive or maligned as you lead readers to believe. There are many positive aspects to being a woman. How many men can experience the miracle of conception and birth? How many men are given the authority, yes I said authority, to be the mother, caretaker and lover that many wives are given?

Women today who are seeking power, control and manipulation deny the fact that women throughout time have CHOSEN their lot. While your mother aspired to be an architect, she ALLOWED someone else's belief system to intimidate her own. Men today, however, are seeking less power, and more authority. There is a big difference in today's man. He is looking for someone to tell him it is okay to do, be, or become. Men are confused by women's actions and communication. Why? Because women say, I want to be in control, and then give men the responsibility.

I agree that we, as people, need to see what works and what does not. But, it is your opinion, not mine, that everything is NOT fine. I believe things are progressing, some are fine, some are not. And my opinion is different than the next gal's. Whether I vote or not, my opinion impacts you more than you care to know. You assume that since I am woman, I should roar. Perhaps my roar is the same sound as your enemy's?

A woman who accepts her role through choice,  
Dori Miller-Settles

## 'Nothing Could be Further From the Truth'

Dear Editor:

The staff editorial in the *Gateway* (Sept. 10) has mistakenly accused Congressman Jon Christensen of "protecting tobacco companies." Nothing could be further from the truth. Congressman Jon Christensen does not accept money from tobacco companies. He has shown his independence by going against his party leadership and stating his support of regulating tobacco to keep cigarettes out of the hands of children. He has also stated his opposition to the tobacco subsidy.

Adam Brohimer  
UNO Student

## 'Line Needs to be Drawn'

As the sun set sooner each night, I knew that my return to schooling was inevitable. No more day-long Wiffle-ball games in the yard, no more staying up late watching re-runs of old television shows. Advancing to a new grade in school to learn new thoughts and ideas was scary enough, let alone giving up eight hours of my "busy schedule."

The thing that frightened me the most about the beginning of school was my mom. Shopping for school clothes with Mom was my biggest fear.

Racks upon racks of discounted clothes, sure to find their way into my closet at home, hopefully to stay there for a lifetime. Various colors of Izod shirts and strangely-designed pants flew into my mother's shopping cart. The decision on whether to buy these items was not based on quality, appearance, or style. The price tag said it all. She would pick something up, complimenting how good it would look on me, then glance at the price. If it was too much, she would find negative things to say about the item. If it was reasonable, it would climb into her cart. I didn't want to be the "dork" at school. I thought for sure that the "budget wardrobe" mom had picked out for me was better suited for Wally and Beaver Cleaver than for myself.

It was the same situation every year. I would go shopping with mom, constantly whine about the clothes selected for me, and then go to school. Once at school, I would find every other kid in my same situation. Appearance didn't matter to anyone, we were kids having fun and learning at the same time. As I progressed into high school, I developed my own tastes, disregarding the striped tube socks and opting for my

own choices. Even though I did this, I still remembered why I was at school in the first place — to learn.

Today, it seems as though important values for children and teenagers have disappeared into thin air. No longer are some young adults interested in getting an education, but merely indulging in social rings throughout their academic career. Appearance has now become more important in their lives. Maybe they acknowledge the fact that learning is also important, but the pressure of peers seems to be at a peak.

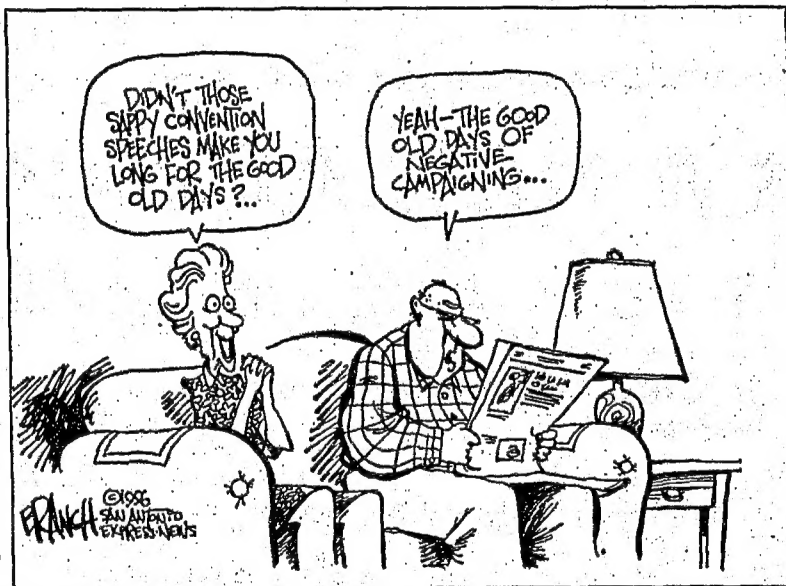
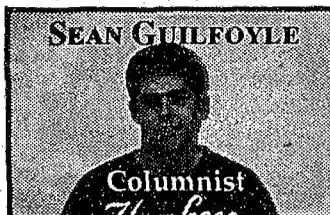
Along with appearance comes attitude. I think everyone can admit that the clothes they wear give them a certain "aura," letting others know who they are. It is an expression of a person's own being. This concept has gotten far, far out of control in school systems across America.

The implementation of school uniforms could help ease some of these problems today. What you wear comes with an attitude, and uniforms relay the attitude that students are at school to learn. Everything else is secondary to that. Social make-up is extremely important in life — I'm not denying that — but a line needs to be drawn between the social and the academic.

I know school uniforms may seem drastic to some, but I fear that we are quickly losing any grasp we have on our younger generation. I'm not trying to single anyone out. There are still many who realize that school is very important. But I think the majority don't give half the effort they should. Does their wardrobe affect their learning? Yes, I believe it does. Clothes are a small part of the attitude today. Many kids disregard authority, something that was not done years ago. Uni-

forms are a step in the right direction to eliminate the connotations that say it is OK to act irresponsibly.

Parents have the biggest responsibility in this instruction. Too many parents do not play an everyday role in their children's lives, especially when it comes to their schoolwork. Parents need to instill in their children how vital a sound education is. Responsibility is the key. I do not want to see what will happen if the reins that parents have on children are completely severed. If that transpires, who knows what would become of our society. Let's teach our younger generation how to learn, and try and eliminate those things that lead to distraction.



<http://www.gatewayuncoma.edu>

## "What do you think about people who are superstitious? Are you?"



**Manija Entezar**  
Sophomore pre-pharmacy major

"I think it adds a little fun to their lives. You can't be serious all the time."



**Tammy Payich**  
Junior electrical engineering major

"I don't really believe in it, but if my hands start itching, I wonder if I am going to get money."



**Cho Young-Nam**  
Junior electrical engineering major

"A lot of people are. I don't think it's good to believe in that, but it still bothers me to use the number 4, the death number."



**Rich Wyatt**  
Night Reserve Desk Supervisor

"I think positively of superstitious people because perhaps they have more imagination than people who may not be superstitious."



# Recycling Efforts Aim to Save Planet Earth via UNO

By JOHN SIMET

As landfills overflow and natural resources vanish, recycling could become more important than ever. Recycling bins at UNO, however, are almost as rare as good parking spaces.

There are some people at UNO who would like to see that change.

"There is definitely more we can do," said Tina Flores, student senator and leader of the student movement for a recycling program at UNO. "We have had efforts in the past to bring a good program to UNO, but nobody has ever followed through on it," Flores said. "However, I believe that this can be remedied by putting together a recycling committee made up of student representatives and staff. The committee would periodically evaluate the program's effectiveness and make suggestions on how to better the program."

If such a program is to be established, UNO could take a lesson from the University of Nebraska Medical Center. The Med Center has established a very effective recycling program in recent years.

A recycling committee not unlike the one proposed for UNO by Flores was implemented at the Med Center to start a recycling program for the campus. The committee's initial job was to decide which items could be recycled. Once a decision was made, a recycling program was implemented.

Today, the Med Center has a very extensive recycling program. Since April 28, 1993, the Med Center has recycled 326 tons of cardboard and 709 tons of mixed paper — amounts that translate into 8,803 trees saved, according to Rick Boldt, campus recycling coordinator at the Med Center.

The Med Center's recycling program, however, began quite modestly. At first, the recycling committee's efforts were focused on foam packaging used in food service. Through an arrangement with the Dart Container Corporation, they were able to lease a styrofoam densifier. The densifier allows them to compress all the collected styrofoam into material suitable for transporting. That material is then returned to Dart Corporation where

it is recycled into packing peanuts, egg cartons, insulation, and videotape containers. This program currently recycles around 513 pounds of foam a month and that means a saving of 907 gallons of oil per year, according to the Med Center's informational video tape, *Our Recycling Record*.

The success of the styrofoam program led the Med Center to expand its recycling efforts to include mixed paper. According to Boldt, "the advantage of recycling mixed paper is that many forms of paper, including magazines, phone books, paper, textbooks, envelopes, and other paper products, can be placed in the recycling bins. There is no need to sort grades of paper, which takes time and effort."

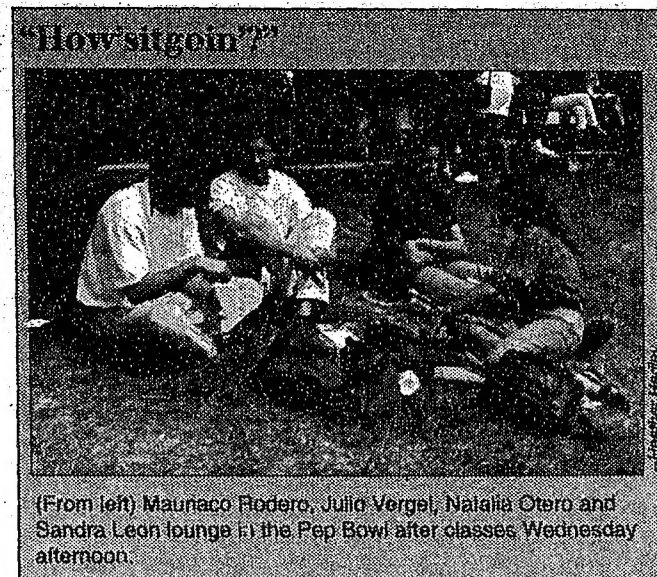
The Med Center has a partnership with the Fort Howard Paper Company, through which the Med Center buys recycled goods such as paper towels, toilet tissues, and paper napkins. In exchange, the Fort Howard Paper Company hauls the collected and baled paper away to be recycled.

"Right now paper prices are low, so the average amount of money we receive per semi truckload is 800 dollars," Boldt said.

The Med Center's recycling program does not make a profit, but making money is not the issue, according to Boldt. "It is just good common sense. Recycling is a part of our responsibility to the environment and the community."

In addition to the styrofoam and mixed paper recycling, said Boldt, the Med Center has what they call a reuse sale, held every two to three months. Items that are no longer needed at the Med Center are sold at garage sale prices. Bargains can be found on anything from furniture, air conditioners, desks, as well as other equipment. The sales are tremendously popular and are run exclusively by volunteers.

The recycling effort is not limited strictly to the campus, said Boldt. Employees and students are also encouraged to bring their own recyclables (cardboard, mixed paper, and aluminum cans)



(From left) Maunaco Rodero, Julio Vergel, Natalia Otero and Sandra Leon lounge in the Pep Bowl after classes Wednesday afternoon.

from home. Recycling bins are located in front of the Recycling Center, located at 711 S. 39th Street, and are collected every Monday and Wednesday.

Additionally, staff and students are also encouraged to take their aluminum cans to Can-Pac Recycling. Through an arrangement with Can-Pac Recycling, all the proceeds from recycled aluminum cans on the Med Center's account are donated to the local Ronald McDonald House.

Boldt is constantly looking for ways to improve his recycling program. In the near future, he hopes to add plastics to his list of recyclables.

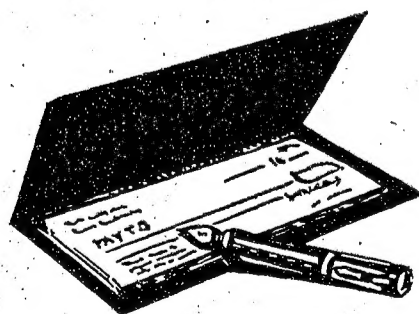
One of his biggest contributions to the environment, however, may be breathing life into UNO's recycling program. When asked about a possible partnership between the two universities Boldt said, "a partnership with UNO would not be a problem. Even if we had to run our machines 24 hours a day, it makes more sense to share our existing facility rather than for UNO to purchase its own equipment." Boldt added, "We have 150 to 200 recycling bins that can be given to UNO free of charge."

The Med Center has gone from having a few recycling bins to having one of the best recycling programs in Omaha. If Flores and others have their way, UNO will soon follow suit.

## There's A New ATM on Campus!

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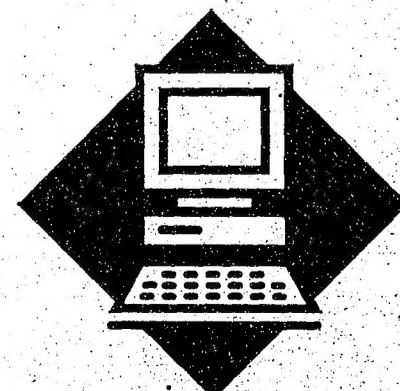
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## College & Drugs: Fact or Fiction?

BY ANDREW KAMMERER

From the wild fraternity beer bashes of "Animal House," to the religious smoking of marijuana in "Dazed and Confused," Hollywood has historically embellished the truth of what every day college-life consists of each fall. Or have they?

In a recent UNO study of UNO students, studies indicated that 10% of local students have used cocaine in the past year, and 22% have used marijuana. Traditionally, use by males has been higher, but recent studies show the numbers evening out.

Susie Dugan, executive director of PRIDE Omaha Inc., blames a number of reasons for the annual increase of illegal substance use in the college setting. Dugan explains that college students in this age group have a smaller probability of getting caught using drugs and alcohol than people who are of the same age and in the workforce, where a drug test may be present.

Dugan also said that a major contributor to the increase is the entertainment industry, where alcohol use is so frequently glamorized. She feels this influence is especially potent in the younger, first-time-users.

"When drugs are presented all around them as good medicine for the times, people buy into the myth. This is the message that people who profit from the drugs want young people to believe," said Dugan.

Dr. David Corbin, professor of health education at UNO, had similar reasons why the drug statistics are so high during the college years.

"It's culture. If you go in thinking college is when you drink, you're going to drink in college. Studies do show that there is a time of maturity later on, where students come to the realization that you don't need to get drunk every weekend. Eventually, the numbers become less and less," said Corbin.

Dugan believes that time should not have to take its course and a stronger message needs to be sent to children who start using drugs.

"A clear no-use message statistically showed lower numbers when it was used a few years ago. Support also needs to come from the home and church to give these kids a resource to talk about such issues," said Dugan.

When asked about the legality of alcohol and tobacco, which contribute to more than half a million deaths per year (while illegal drugs combined only account for 20,000 deaths a year), Dugan used history as a reason.

"They have been legal for so long, that they have built up a lot of power and influence in Washington. These products shouldn't have special privileges that other products don't have. These legal drugs need to be looked at differently, to keep them away from young kids," said Dugan.

Corbin said that he has faced the same question for the thirty years he has been studying health issues.

"There is no evidence that says if you take any substance and burn it and hold it into your lungs it is good for you. I don't care if it's wood, or a substance that contains many thousands of chemicals, smoke held deep in the lungs, after time will be harmful," said Corbin.

Corbin also pointed to Prohibition as a justifiable reason to leave marijuana illegal.

"When there is a law in the books, a lot of people follow it because it is a law. Despite the fact that Prohibition was a social failure, it was a health success. Divorces went down, job productivity went up as a result," Corbin said.



The drugs of choice among college students range from marijuana and cocaine to cigarettes and alcohol.

## The Pill More Than Just Contraceptive

BY HEIDI HELLER

For 36 years, women have relied on the birth control pill as an effective contraceptive. What women might not know is that the pill offers additional health benefits.

Kathy Tolleffrud, director of education at Planned Parenthood, said the pill offers a reduced risk for many diseases, including ectopic pregnancy, endometriosis, pelvic inflammatory disease (PID) and certain gynecological cancers. It also helps to increase bone density.

When a woman is on the pill, the ovulation process is stopped. "Eggs are given the signal to ripen and release every month," Tolleffrud said. "The pill blocks that signal, so the egg is in a dormant stage."

The suppression of ovulation contributes to the reduced risk of diseases that the pill can bring.

Events in a woman's life such as pregnancy and breast-feeding stop ovulation and reduce her risk of ovarian cancer.

"The pill continues to provide protection against ovarian cancer long after women stop taking it—up to 15 years," Tolleffrud said.

She said the pill has both a primary action and back-up mechanisms which work to prevent pregnancy and reduce the risk of STI. The primary action of the pill is to prevent ovulation. The two back-up actions are increasing cervical mucus and preventing build-up in the lining of the uterus.

A woman's risk of ectopic pregnancy is reduced by 90 percent when she is taking the pill according to the September 1996 issue of *American Health*. An ectopic, or "tubal" pregnancy occurs when the fertilized egg implants in the fallopian tube rather than the uterus. The pill reduces the risk of ectopic pregnancy by preventing the egg from being released.

A major cause of infertility, endometriosis, is also reduced with the use of the pill. Endometriosis occurs when patches of endometrial tissue (the lining of the uterus) escape from the uterus during menstruation. Ovulation causes menstruation, which increases these lesions, from which scar tissue develops.

"The pill reduces the risk of endometriosis by suppressing



—Lydia Johnson

ovulation and causing lighter periods," Tolleffrud said.

Another advantage is decreased risk of PID, which results from sexual transmitted infections (STI) in the female reproductive organs.

"When a woman is not taking a hormonal method, the cervical mucus in front of the cervix alters in consistency throughout the month. When she is about to ovulate, it becomes very thin and slippery," she said. "The pill keeps the mucus thick and provides a barrier against bacteria that could come from a STI."

Although it decreases a woman's chance of PID, Tolleffrud stressed that "it's not considered a barrier method in terms of STI."

The pill generally consists of estrogen and progestin, a synthetic form of the female hormone progesterone. The estrogen in the pill increases bone density which helps to decrease osteoporosis, a bone-thinning disorder that effects many women, Tolleffrud said.

Studies linking the pill to breast cancer and heart disease have created controversy about the safety of the pill. Tolleffrud said these studies are not reliable, due to other factors such as smoking.

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## Sleep: Going... Going... Gone

BY BETH WARNER

Sleep. When it's gone, it's gone. And you can't get it back.

Shelly Buhrman, a technician at the University of Nebraska Medical Center sleep disorder laboratory said, "Generally, you can't make it up. It's gone. You may think you can. But really, it's just gone."

Darrell Conrad, coordinator at the laboratory, agreed, "Basically you don't catch up on lost sleep." He said sometimes people will think they can deprive themselves of sleep for a few days and then 'catch up' all at once, but he said they can't.

"(They) are not really catching up," he said, "they need that much time for the body to recover."

Buhrman said the amount of sleep a person needs "varies from person to person. Most people need between six and 12 hours everyday."

Conrad said some people need as little as four hours of sleep each night. "It's what makes you feel rested throughout the day."

"You can't teach yourself to need less sleep," he said "you just deprive yourself."

Conrad said people can become sleep-deprived when they develop poor sleep habits. "Students don't have the best schedules. For some, when they are young they can get away with it, but it's difficult to maintain on a long-term basis."

He said people who are chronically sleep-deprived can become depressed and experience increased stress levels.

According to a report from the National Commission on Sleep Disorders, "Over the past century we have reduced our average nightly total sleep by 20 percent." Additionally, the report said, "Young adults need more sleep than people in their 30s."

—see Sleep, page 11—

### Find the Key to Tomorrow

The Golden Key National Honor Society invites prospective members, members, and anyone interested in Golden Key to three days of Campus Awareness. A table will be set up on the southside of the Student Center from 9 a.m. to 4 p.m. on September 16-18, where you can learn about Golden Key and meet Golden Key members.

Come One, come all!



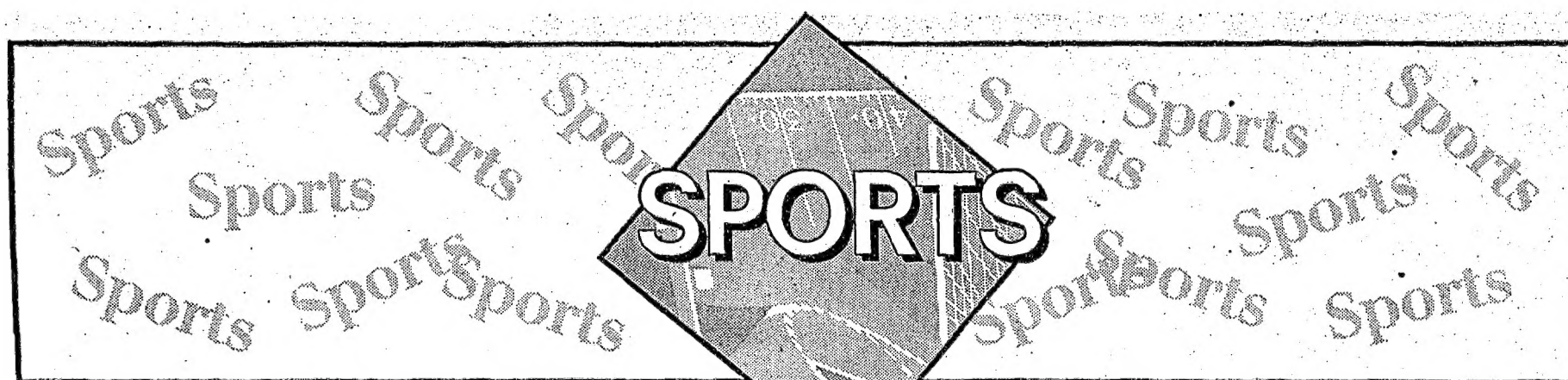
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# Mavericks Rush Into 1996 in Record Fashion

By BRANDON BROWN

Football is back. Armchair quarterbacks shout at the TV, impromptu games of football break out on the front lawn and the weekend belongs to the people that need a game to break loose from the norm.

Tailgate parties and long ticket lines await those that feel the need to travel to far-off places to see a game, but a good game can be caught at a local venue for far cheaper than the other places charge. The football is great, and the seats are easy to find. The place is UNO's Caniglia field, home of the Mavericks.

During a record-breaking season opener the Mavericks backfield rushed for more than 483 yards — 83 yards more than the record set in 1969. The weather was uncooperative and delayed the game, but when the Mavs got onto the field they took over, and began to rack up the yards. Eight backs rushed for 40 yards or more.

This type of rushing game was somewhat new to the fans of Maverick football.

"We decided to put more option plays into our game," says running back coach Lance Liepold.

The offensive line had a size advantage over the Hastings Broncos. They opened holes and lanes, allowing the running backs to make their spectacular runs and scoring drives. Six Mavs had over 50 yards rushing. The defense of the Broncos was of no concern to the Mavs, as they racked up touchdown after touchdown. Six of the seven touchdowns were run in by the backfield. The other was a quick run by Jared Hendershot, the quarterback.

"We caught them off guard," Liepold added.

The Mavs averaged 155 rushing yards during the 1995 season. The Mavs are well on their way to taking that number down.

"We wanted to rebuild in order to run the football a little more," says Liepold.

The only set back was Jeff Herdzina's injured hamstring in Saturday's game. Jeff had a total of 73 yards on the ground before he was injured. He was listed as day to day, he remains on the starting roster for Saturday's game.

The Mavs play Nebraska-Kearney this Saturday at 1:00 p.m. on Caniglia Field, leaving enough time to get dinner reservations after the game.

The Mavs have won seven of their previous 16 games with the Antelopes. Stopping the run of the Antelopes should be no problem for the Mavs, as the defense showed in the season opener. They held the Broncos to 75 total yards and shut down their

## Caution: Rough Road Ahead

The Lady Mavs have one of the toughest schedules in the nation. Six of the eight North Central Conference teams (in bold) are rated in the top 25 including the No. 3 Lady Mavs. Here's a look at the top 25 teams in the country and their standing against UNO:

### UNO's Schedule/Results from Top 20 matches:

1. Northern Michigan	DNP
2. Central Missouri State	DNP
3. UNO	facing 12 matches against top 20s
4. Cal St.-Bakersfield	DNP
5. North Dakota State	at ND Oct. 12; in Omaha Nov. 15
6. Nebraska-Kearney	at Kearney Oct. 15
7. <b>Augustana</b>	at Augustana Oct. 4; in Omaha Nov. 2
8. <b>Morningside</b>	at Morningside Sept. 21; at UNO Oct. 18
9. West Texas A&M	DNP
10. <b>St. Cloud State</b>	in Omaha Sept. 27; in Minn. Oct. 26
11. Grand Valley State	DNP
12. Minnesota-Duluth	in Omaha Nov. 9
13. Grand Canyon	DNP
14. <b>Northern Colorado</b>	at Colorado Sept. 24; in Omaha Nov. 8
15. UC-Davis	DNP
16. Northwood	DNP
17. Michigan Tech	DNP
18. Tampa	UNO defeated Tampa 3-0 on 9-7-96
19. Hawaii-Hilo	DNP
20. Regis	DNP
21. UC-Riverside	DNP
22. New Haven	DNP
23. Barry	UNO defeated Barry 3-0 on 9-7-96
24. North Florida	UNO defeated NF 3-1 on 9-6-96
25. Cal Poly Pomona	DNP

See story, page 10

Quarterback Ed Thompson (#12 below), led the option Saturday in a 48-0 win over Hastings



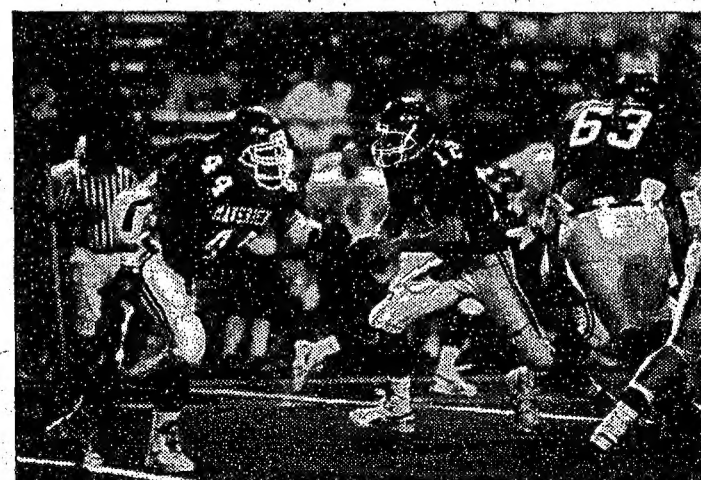
Jason Young

passing game -- an integral part of the Antelopes' offense.

Come out and help support our winning team this season. The Mavs have shown they are here to stay.

The Mavs are on a running stampede.

Runningback Micky Koory (#44) (photo at right) was one of several Mavs to run well on the ground last Saturday.



Jason Young



# Maverick Football

## UNO vs. Nebraska-Kearney

Al Caniglia Field,  
UNO, 1 p.m.

**vs. Kearney:** Last season the Mavs recorded their first win of the season over the Antelopes in Kearney, 19-14. UNK lost to Missouri Western 47-32 last week.

**Last Week:** After the lightning passed and an hour and 15 minute weather delay was complete, UNO won 48-0 in their first shutout since 1991. Included in the win, the Mavs ran up a school record 483 rushing yards - 83 more than the old record set in 1969. Eight Mavs had runs of 10 or more yards and all seven touchdowns came on the ground. "It was a surprise," UNO head coach Pat Beltrus said.

**Television:** The game will be televised by the Nebraska Educational Network by Bill Doleman and Adrian Fiala.

**Radio:** The game will be broadcast by Jim Kelter and Joe Patrick over KOSR, 1490 AM.

**Injuries:** Second-team all NCC center Bob Wegner missed the Hastings game with an ankle injury, he is questionable and not likely to play tomorrow. Running back Jeff Herdzina left Saturday's game with a pulled hamstring. He is listed as day-to-day.

### NCC Results from last week:

UNO 48, Hastings 0  
MANKATO STATE 43, Minn-Duluth 18  
Northern Iowa 44, ST. CLOUD STATE 7  
NW Missouri State 23, S. DAKOTA STATE 6  
N. COLORADO 43, Western State 0  
Drake 32, MORNINGSIDE 26  
N. DAKOTA STATE 20, Texas A&M King 10  
C. Missouri State 12, AUGUSTANA 8  
SOUTH DAKOTA 48, Wayne State 26

### 1996 UNO Schedule/Results

records: 0-0 in the NCC, 1-0 overall

Sept. 7	HASTINGS	W 48-0
Sept. 14	NEB-KEARNEY, 1:00	
Sept. 21	MANKATO STATE*, 5:00	
Sept. 28	at North Dakota State*, 7:00	
Oct. 5	MORNINGSIDE*, 7:00	
Oct. 12	at North Dakota*, 2:00	
Oct. 19	N. COLORADO*, 7:00	
Oct. 26	at Augustana*, 1:00	
Nov. 2	ST. CLOUD ST., 7:00	
Nov. 9	S. DAKOTA ST., 1:00	
Nov. 16	at South Dakota*, 1:30	

bold- home games

\* - North Central Conference Games

### Two-Deep Roster for Saturday:

#### OFFENSE

SE 1 MARTAY JENKINS (6-1, 183, Jr., Waterloo, IA)  
26 Adam Wright (6-1, 196, Fr., Omaha)  
LT 65 BRIAN JARRETT (6-3, 285, RS/Fr., Lincoln)  
77 Larry Brown (6-1, 300, So., Hastings)

LG 70 JEFF PROCHAZKA (6-1, 270, Sr., Lincoln)  
68 Steve Darveau (6-3, 295, RS/Fr., Falls City)  
C 59 ANDY STINE (6-5, 245, RS/Fr., Gretna)  
58 Chris Bober (6-5, 300, RS/Fr., Omaha)  
-injured- BOB WEGNER (6-2, 265, Jr., Omaha)  
RG 63 DAN POTMESIL (6-6, 300, RS/Fr., Omaha)  
74 Nick Prescott (6-3, 295, Fr., Omaha)  
RT 72 BRIAN DONOHUE (6-4, 281, So., W. D. Moines, IA)  
79 Jason Lauck (6-4, 245, RS/Fr. Lake City, IA)  
TE 84 BRIAN BENJAMIN (6-0, 225, RS/Fr., Stockton, CA)  
88 Pete Conigilo (6-3, 240, So., Omaha)  
QB 12 ED THOMPSON (6-1, 175, So., Cambridge)  
5 Jared Hendershot (6-2, 178, Jr., Nebraska City)  
TB 7 JEFF HERDZINA (5-9, 185, So., Columbus)  
4 Tyrone Tyler (5-10, 175, RS/Fr., W.D. Moines, IA)  
FB 44 MICKY KOORY (6-0, 215, So., Omaha)  
22 Cale Good (6-1, 200, Sr., Dodge City, KS)  
FL 3 JAKE YOUNG (5-9, 170, Sr., Davenport, IA)  
89 Yano Jones (6-2, 180, RS/Fr., Omaha)

#### DEFENSE

DE 43 GARY CHARLES (6-2, 215, Jr., Houston, TX)  
90 Brent Naben (6-4, 232, Jr., Central City)  
DT 76 BRYON HOLSTON (5-11, 313, Sr., Eliz. City, N.J.)  
64 Warren Whitted (6-1, 235, RS/Fr., Omaha)  
NT 51 JAY WINEINGER (6-3, 265, So., North Platte)  
54 Jason Morris (6-2, 271, Jr., Omaha)  
DE 86 DAMON HANSEN (6-4, 230, Sr., Los Angeles, CA)  
67 Hank deBoer (6-2, 240, RS/Fr., Omaha)  
MIKE37 CEDRIC WELCH (5-11, 215, Jr., Omaha)  
49 Marcelles Walker (5-10, 210, So., Omaha)  
LB 46 JASON BARTLING (6-1, 205, So., Sidney)  
98 Steve Gonzalez (6-1, 215, So., Omaha)  
WILL42 DEMETRIUS RICHARDS (6-2, 205, Jr., Omaha)  
8 Lamar O'Neal (6-1, 195, Sr., Omaha)  
LCB 32 NATHAN TATE (5-10, 185, So., Quincy, IL)  
36 Brian Mead (5-10, 170, Fr., Omaha)  
21 Tony Kreis (5-9, 175, So., Papillion)  
FS 16 BEN TITUS (6-0, 180, So., Omaha)  
30 Jamar Anderson (5-8, 180, Jr., Bellevue)  
RCB 6 PAT DAVIS (5-10, 185, Sr., N. Lauderdale, FL)  
2 Robert Brown (5-10, 170, So., N. Lauderdale, FL)  
RVR 20 NATE SULLIVAN (6-1, 205, RS/Fr., Omaha)  
25 Terrell Spears (6-1, 210, Fr., Brooklyn, NY)  
10 Brooks Tapp (6-0, 180, RS/Fr., Omaha)  
13 Edwin Alexander (6-0, 191, Fr., Bellevue)

#### SPECIALISTS

PK/KO 14 Paul Kosel (5-11, 170, So., Omaha)  
P 17 MIKE BORRELL (6-1, 175, Fr., S. Sioux City)  
12 Ed Thompson (6-1, 175, So., Cambridge)  
Snap 58 CHRIS BOBER (6-5, 300, Fr., Omaha)  
64 Warren Whitted (6-1, 235, RS/Fr., Omaha)  
Ret. 1 MarTay Jenkins (6-1, 183, Jr., Waterloo, IA)  
3 Jake Young (5-9, 170, Sr., Davenport, IA)  
6 Pat Davis (5-10, 185, Sr., N. Lauderdale, FL)  
Hold 16 Ben Titus (6-0, 180, So., Omaha)

**Changes on Offense:** Center — Bob Wegner will not start due to injury; Tailback — Melvin McPhaul who was No. 2 last week drops off the chart in place of No. 1 Jeff Herdzina who ran for 73 yards last Saturday. Tyrone Tyler, No. 1 last week drops to second.

**Changes on Defense:** Rover — Terrell Spears, a Fr. from Brooklyn takes over the No. 2 spot at the position. Nate Sullivan still holds No. 1 with Brooks Tapp and Edwin Alexander dropping out.

**Changes to Special Teams:** Punter — Ed Thompson has been added as the No. 2 punter. Snap — Warren Whitted was added as No. 2.



## College Football Kicks Off With Mismatches

By MARCO BUSCAGLIA  
College Press Service

Call it the David-and-Goliath syndrome. Every college football season, smaller teams go into battle against powerhouse opponents.

Usually, the final score is lopsided, favoring the big-name team. But for colleges looking to boost their football profile, games against the nation's elite teams provide a quick way to gain some national exposure and extra cash. And like most get-rich, get-attention schemes, the process can be anything but painless.

Pacific University graduate Phil Ambers says he remembers sitting on the bench during a game against Nebraska, looking at the scoreboard and laughing.

"It was so pathetic it was funny," Ambers said. "We were getting killed out there."

Ambers and the rest of the Pacific Tigers were beaten 70-21 by the 1994 University of Nebraska football team, the season's eventual national champion.

"It was a brutal day for us," said Ambers, a second-string defensive back and special teams player. "You go into the game with high hopes, but then reality sets in, and you're staring at the scoreboard just realizing how much pain your body is in and how bad you're being humiliated."

Despite the blow-out score and banged-up players, Pacific came out ahead that day, in least in terms of dollars. A cut of Nebraska's lucrative home gate, somewhere near \$275,000, gave the Tiger program some extra revenue. And despite the lopsided score, the game gave the team some extra exposure.

Extra bumps and bruises, though, are all most players end up with after games against larger opponents.

"I had to ice my knees every day for months," said Lowell Kellison, an offensive tackle for the Northern Illinois Huskies. The team was blown out by the University of Florida Gators three years ago. "I still believe we belonged on the same field as that team, but I can't deny the difference in size. They were huge compared to us. They pushed us around on the line like ragdolls."

Still, for teams like Florida, a home game against the NTUs of the world is just what the fans and pollsters want.

"People want to see their team score huge victories," said Ellen Hampson, a spokesperson for the NCAA. "We can't stop games like that from happening, but we do try to urge schools to do what's best for their team and for college football in general."

Kellison says he expects to have pain in his knees the rest of his life. "That's what happens when you play football, though," he said. "It's a violent game."

## Lady Mavs No. 3 in Country, Await Tournament Challenge

By TONY REINKE

UNO volleyball head coach Rose Shires has a right to smile.

For the first time in her seven-year career, Shires' squad is No. 3 in the nation among Division II schools and UNO is off to its best start since 1983. But the reality of playing in the toughest Division II conference is about to set in.

An 8-0 start for UNO is about to become rough. Among the Top 15 teams in the country, six are in the North Central Conference — far more than any conference in the country.

"It's going to be a survival of the fittest both mentally and physically," Shires said. "The team that makes the fewest errors will win the conference."

Last season the Lady Mavs narrowly missed a regional bid to the post season. Errors by UNO last season may have cost them their post-season bid, but they are on line to cut them down significantly in 1996.

"We wanted to go to the Barry tournament before we started our conference season so if we needed to make some changes we were tested," Shires said. "We saw some things that we need to work on."

In UNO's 8-0 start this year, the team has lost two of 26 games. Their only two game losses were by four points.

"I think the early success can be attributed to the athletes' great physical shape coming into the season," Shires said. "They came into the season on a mission to show the rest of the country that they are in a great program."

The Lady Mavs have gone 4-0 in two tournaments; the UNO and Barry Invitational. Tampa's head coach, a team UNO defeated in Florida last week, told Shires after the match what set the Lady Mavs apart from the other teams.

"He told me that the team may bend sometimes," Shires says. "But we never break."

This swaying motion was evident in UNO's first match of the season. Facing Wayne State on Aug. 30, the Lady Mavs fell behind the Wildcats in the first game, 7-11; game two, 0-7; and game three, 3-7. UNO won all those games.

So why don't they break? The Lady Mavs have a unique, three-blocker set. UNO's blocks have been higher in 1996. The team is averaging 2.72 blocks per game in 1996, up from 2.59 last year. The

errors are down from nearly five a game last year to 3.19 in 1996.

"The three middle-blocker system is giving us what we want in a solid block," Shires said.

The solid block will be important in UNO's travel to the NCC/Northern Sun Conference Tournament in Marshall, MN tonight and tomorrow. Although there is only one NCC team in the top 20 (Minnesota-Duluth), all the matches will be important.

"The talent level won't be what we faced in Florida," Shires said. "However, all four matches are must-win. In order to gain a No. 1 spot in the regional tournament, we need to win all four."

UNO will face four teams from the NCC; Northern State and Bemidji State tonight; Southwest State and Moorhead State on Sat. Shires is 9-1 against those opponents in her career.

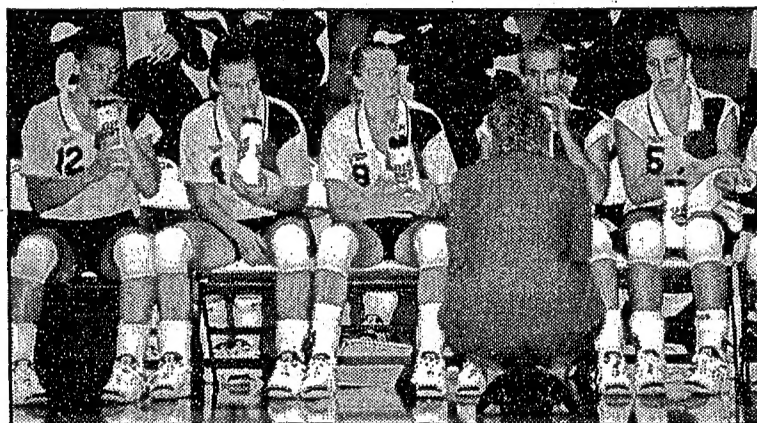
If UNO was to loose to one of the four opponents, it would be classified as a significant loss and its hopes of a No. 1 regional bid in November would be vague.

One of the key players in 1996 has been right-side hitter Christyn Malone. From last season, her hitting percentage is up from .135 to a team-high .386.

"We have designed our offense to get the ball to Christyn on the right side and it has proven to be very effective," Shires said. "She is a good athlete and she just needed to feel comfortable in the offensive system."

Malone and the Lady Mavs will sport their No. 3 ranking against lesser opponents who could damage UNO's postseason hopes.

"We're going to have to react to pressure this weekend," Shires said. "The pressure is to win."



Amy Steffel (#12), Tanya Cate (#4), Kim Gerdes (#9), Erin Shafer and Christyn Malone (#5), get some last-minute tips from Head Coach Rose Shires.

—Jason Young

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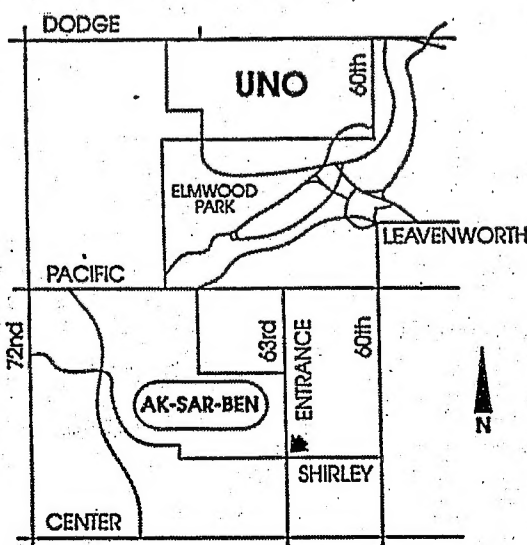
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The shuttle service is also available for Faculty and Staff use.

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All questions should be directed to Campus Security at 554-2648.





## —see Sleep, page 11—

To get enough sleep, Conrad recommends a regular sleep time and a regular bedtime.

"A cool, dark, quiet room is best to sleep in," said Conrad. For people who sleep at night, it is usually quiet because others are asleep and it is dark. Generally, people who sleep nights only have to control the temperature. For those who sleep during the day, they must control all three elements.

Conrad said that people who work night shifts can adjust to the schedule and don't necessarily have to become sleep deprived. People who work nights and sleep days, however, must maintain that schedule even during the weekend.

"Rarely do you find someone who works graveyard who keeps on schedule on the weekends. They frequently flip," Conrad said.

Conrad said people should avoid caffeine and alcohol. He said drinking alcohol may make a person feel initially sleepy, but it will result in fragmented sleep in the early morning hours.

Buhrman said caffeine will take effect four to seven hours after it is consumed, so it will disturb sleep.

Although people sleep more deeply and get better quality sleep if they exercise regularly, Buhrman said increased exercise will not increase the amount of sleep an individual needs.

Buhrman said she doesn't recommend napping because it can disturb a person's circadian rhythms. Circadian rhythms include sleep, wakefulness and a variety of hormonal changes. Buhrman said circadian rhythms are in part regulated by body temperature. A person's temperature rises and falls throughout the day. When the body begins to cool down, the person gets sleepy.

Younger people tend to sleep more deeply, according to Buhrman. People in their twenties will have very deep sleep and will sleep more lightly as they age.

She said being chronically sleep-deprived does not increase the aging process. However, Buhrman said by getting enough sleep a person does look better. "They will look better, feel better, and won't have bags under the eyes (that they would have) if constantly tired."

## 1996 Recent Results/Schedule records: 0-0 in the NCC, 8-0 overall

**This Week:** UNO takes their shiny, new No. 3 ranking to Marshall, MN for the NCC/Northern Sun Tournament four four matches. The tournament shouldn't hold any surprises for the team.

**Gateway Prediction:** UNO to defeat Northern State (3-0); defeat Bemidji State (3-0); defeat Southwest State (3-0); and defeat Moorhead State (3-0). Lady Mavs will go 4-0 in the tourney.

**Last Week:** The team recorded four wins in Miami Friday and Saturday at the Barry University Invite. The Mavs defeated Florida Southern (15-5, 11-15, 15-9 and 15-9), North Florida (15-2, 15-8 and 15-5), the defending national champion Barry (15-11, 15-2 and 15-6) and Tampa (15-8, 15-3 and 15-12).

Through their eight wins of 1996, the Lady Mavs have lost two of 26 games, both by a score of 11-15.

Malone, the team's most proficient attacker, leads the team with a .386 hitting percentage. Steffel has 350 set assists, making her UNO's all-time leader in that category. Cate has 83 kills and 78 digs on defense. Gerdes leads UNO's net defense with 30 block assists.

### The NCC/Northern Sun Tourney

Sept. 13 Northern State  
Bemidji State  
Sept. 14 Southwest State  
Moorhead State

**Lady Mav Starters, Non-Starters for the NCC/Northern Sun Tournament in Minnesota:**

**STARTERS:**  
setter: Amy Steffel #12 (5-7, Sr., Maplewood, MN, 14.46 avg, 2.85 dpg)  
mid. blocker: Tanya Cate #4 (5-10, Jr., Yutan, NE, 3.19

kpg, 3.00 dpg)  
mid. blocker: Kim Gerdes #9 (6-0, Jr., Denver, CO, 2.50 kpg, 1.42 dpg)  
outside hitter: Erin Shafer #8 (5-9, Jr., Colorado Springs, CO 3.46 kpg, 3.27 dpg)  
outside hitter: Christyn Malone #5 (5-9, Jr., Palisade, NE 3.32 kpg, 3.12 dpg)  
def. specialist: Jamie Shafer #10 (5-7, Soph., Omaha, NE 2.69 dpg, 16 aces)  
**RESERVES:**  
setter: Cheri Pribyl #14 (5-6, Soph., Bellevue, NE)  
mid. blocker: Chris Brink #11 (6-0, Fresh., Tracy, MN)  
mid. blocker: Krista Niezwaag #15 (5-10, Fresh., Charles City, IA)  
outside hitter: Christy Fossum #6 (5-9, Soph., Foley, MN)  
outside hitter: Korrine Boltin #7 (5-10, Fresh., Omaha, NE)

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## CALLERS

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